## WHAT IS CLAIMED IS:

1. Disposable outerwear for use by a participant of an athletic or sporting event comprising:

a jacket having an upper body portion with head and waist openings, and arm portions with hand openings;

pants having a groin portion with a waist opening, and leg portions with feet openings;

at least one closure device disposed on the jacket or pants; and at least one quick removal means disposed on the jacket or pants.

- 2. The disposable outerwear of claim 1 further comprising elastic members proximate the openings to prevent unwanted airflow and moisture from entering the openings.
- 3. The disposable outerwear of claim 1 further comprising at least one pouch for storing the jacket and pants.
- 4. The disposable outerwear of claim 1 wherein the outerwear is made of Tyvek.
- 5. The disposable outerwear of claim 1 wherein the outerwear is capable of being folded or rolled into a compact form for insertion into a fanny pack.
  - 6. The disposable outerwear of claim 4 wherein the Tyvek is recycled.
- 7. The disposable outerwear of claim 1 wherein the quick removal means comprises perforations.
- 8. The disposable outerwear of claim 7 wherein the perforations are disposed along the pants to obviate the need for the participant to stop from running when removing the pants.

- 9. The disposable outerwear of claim 8 wherein the pants further comprise closure devices proximate the perforations to permit reclosure of the pants.
- 10. The disposable outerwear of claim 7 wherein the perforations are disposed along the upper body portion of the jacket to obviate the need for the participant to remove the jacket over the participant's head.
- 11. The disposable outerwear of claim 10 wherein the jacket further comprises a closure device proximate the perforations to permit reclosure of the jacket.
- 12. Customizable disposable outerwear for use by a participant of an athletic or sporting event comprising:

a jacket having an upper body portion with a head opening and an elastic waist opening, and sleeves with elastic hand openings;

pants having a groin portion with an elastic waist opening, and legs with elastic feet openings;

at least one closure device disposed on the jacket or pants; and a plurality of perforations disposed on the jacket and pants.

- 13. The outerwear of claim 12 wherein the perforations are arranged to encircle portions of the sleeves to provide a variable length sleeved or sleeveless jacket.
- 14. The outerwear of claim 12 wherein the perforations are arranged to encircle portions of the legs to provide a variable length short-legged pant.
- 15. The outerwear of claim 12 wherein the perforations are arranged to provide improved ventilation to the participant.
- 16. A method for using disposable outerwear in a sports or athletic endurance event having a defined route comprising the steps of:

distributing the outerwear to a plurality of activity participants;

providing a plurality of containers along the event route for retaining the outerwear and/or parts thereof as it is discarded by the participants;

collecting the discarded outerwear and/or parts thereof; and recycling the discarded outerwear and/or parts thereof.

- 17. The method of claim 16 wherein during the distributing step, the participants incur a minimal charge for the outerwear.
- 18. The method of claim 16 wherein during the distributing step, the participants receive the outerwear free of charge.
- 19. The method of claim 16 wherein the recycling step comprises recycling the discarded outerwear and/or parts thereof into disposable outerwear.
- 20. The method of claim 16 comprising the step of marking the outerwear with a logo, design, or other indicia.